



Pulled Chicken Loaded Cheesy Wedges with Tomato Salsa

Family 40 Minutes • 1 of your 5 a day

10



Potatoes



Chicken Thigh



Cheddar Cheese



Flat Leaf Parsley



Baby Plum Tomatoes



Red Wine Vinegar



BBQ Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Grater, Bowl, Plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chicken Thigh**	3	5	6
Cheddar Cheese			
7)**	60g	90g	120g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Baby Plum			
Tomatoes	125g	190g	250g
Red Wine Vinegar			
14)	1 sachet	1 sachet	2 sachets
Olive Oil for the			
Dressing*	½ tbsp	¾ tbsp	1 tbsp
BBQ Sauce 13)	3 sachets	5 sachets	6 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2778 /664	541 /129
Fat (g)	31	6
Sat. Fat (g)	12	2
Carbohydrate (g)	59	12
Sugars (g)	10	2
Protein (g)	39	8
Salt (g)	1.40	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** onto a large, low-sided, wide baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary, you want the wedges nicely spread out.



Pull Time

Once the **chicken** is cooked, remove it from the oven. Use 2 forks to gently pull the **chicken** apart in the tray. Once you have pulled apart all the **chicken**, add the **BBQ sauce** and mix well to coat all of the **chicken** in the **sauce**. Season to taste with **salt** and **pepper**.



Cook the Chicken

Meanwhile, lay the **chicken thighs** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast them on the middle shelf of your oven until browned and cooked through, 16-18 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



Grill Time

Once the **wedges** are ready, remove from your oven and change to grill setting (on high heat). Spoon the **chicken** mix on top of the **wedges**. Sprinkle on the **Cheddar** and pop under your grill until the **cheese** is melted and bubbly, 4-5 mins. Get ready to serve.



Finish the Prep

Meanwhile, grate the **cheese**. Roughly chop the **parsley** (stalks and all). Quarter the **baby plum tomatoes** and pop them into a medium bowl. Add the **red wine vinegar**, **olive oil** (see ingredients for amount) and **half** the **parsley**. Season with **salt** and **pepper** and mix together. Set aside.



Serve

Divide the **cheesy chicken wedges** between plates and top with the **tomato salsa**. Sprinkle with the remaining **parsley**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.